



# SUMMER COMPETITIVE

## SWIM TEAM

WELCOME TO JULY!! DIVISIONAL ENTRY FORMS ARE DUE MONDAY, JULY 6TH BEFORE NOON. STAPLEY NIGHT TEAM ENTRY FORMS ARE DUE AT 7PM. FORMS CAN BE PRINTED ONLINE, COACHES WILL HAVE SOME FORMS AS WELL. PLEASE NOTE WHAT EVENTS YOU SIGN YOUR SWIMMER UP FOR. COACHES CAN FILL IN THE TIMES. IF YOU DO NOT PARTICIPATE IN DIVISIONALS, YOU WILL NOT BE ABLE TO MOVE ON TO CHAMPIONSHIPS. TOP 16 SWIMMERS IN EACH EVENT MOVE ON TO THE CHAMPIONSHIP MEET. 11 AND OLDER MEET IS WEDNESDAY, JULY 15TH, 10 AND UNDER MEET IS WEDNESDAY, JULY 16TH. SWIMMERS STROKES WILL BE LOOKED AT CLOSELY FOR SWIMMING LEGALLY. ONLY CITY CAPS CAN BE WORN.

I.M. MEET IS ONLY FOR TOP 4 SWIMMERS, WHERE THE RELAY MEET IS FASTEST RELAYS. COACHES WILL BE LETTING SWIMMERS KNOW IF THEY ARE SWIMMING.

## DIVE TEAM

WELCOME TO JULY! MID MONTH THERE ARE QUALIFYING MEETS FOR DIVERS. GIRLS COMPETE ON MONDAY THE 13TH AND BOYS ARE ON THE 14TH. PARTICIPANTS MUST PARTICIPATE IN THESE MEETS IN ORDER TO CONTINUE ONTO CHAMPIONSHIPS. PLEASE BE LISTENING AND LOOKING FOR COACHES TO BE TELLING PARTICIPANTS ARRIVAL TIMES FOR THESE MEETS.

DURING PRACTICE ,DIVERS MUST BE AWARE OF WHAT THEY ARE DOING ON THE BOARDS AND FOLLOWING ALL DIVING RULES.

## SYNCHRONIZED SWIM TEAM

WELCOME TO JULY!! LETS KEEP WORKING ON THOSE DUETS, TRIOS AND TEAM ROUTINES! COACHES WILL BE GOING OVER AND GIVING OUT DIRECTIONS FOR KNOXING HAIR. KNOXING IS OPTIONAL.

THE DUET AND TRIO MEET WILL BE HELD AT CARSON ON FRIDAY JULY, 17TH. TEAM CHAMPIONSHIP MEET WILL BE HELD ON WEDNESDAY, JULY 22ND AT KINO. COACHES WILL BE LETTING PARTICIPANTS KNOW WHAT TIMES THEY NEED TO ARRIVE FOR EACH OF THE MEETS. PLEASE TALK TO COACHES REGARDING COSTUMES FOR DUETS, TRIOS AND TEAM ROUTINES.

## WATER POLO

WELCOME TO JULY!! ALL PARTICIPANTS SHOULD CONTINUE TO WORK ON SKILLS AND CONCEPTS BEING TAUGHT. THERE ARE REGULAR MATCHES ON THE 4TH AND 11TH.

POLO TOURNAMENT WILL BE HELD ON SATURDAY, JULY 18TH AT SKYLINE. ALL TEAMS WILL BE ATTENDING. AS IT GETS CLOSER COACHES WILL BE LETTING TEAMS KNOW WHAT TIME AND WHO THEY WILL BE PLAYING.

PLEASE LET YOUR COACH KNOW IF YOU WILL NOT BE AT THE TOURNAMENT. KEEP PRACTICING HARD AND GET READY FOR THE TOURNAMENT!

### Additional Swimming Opportunities:

APRA meet is Saturday, July 25th at Kino Pool. Register online at [www.azpra.org](http://www.azpra.org) Registration deadline is July 20th.

Mesa Parks and Recreation has a Fall Swim League offered at Stapley, Brimhall, and Fremont as well as Home School leagues at Kino and Skyline. All leagues start on August 11th. Registration will be open on July 6th.